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First Trimester Discomforts and Comfort Measures for Each

1. Pressure on your bladder:
Empty bladder frequently.
Eliminate caffeine.
2. Breast tenderness:
Wear a support bra day and night.
3. Fatigue and moodiness:
Rest.
Be patient with yourself and others.
4. Nausea and vomiting:
Avoid an empty stomach.
Small frequent meals.
Crackers in the morning before getting up.
Motion sickness bands.
5. Excessive amounts of saliva:
Mint-flavored toothpaste and mouthwash used frequently.
Chewing gum or hard candy.
6. Indigestion:
Avoid spicy, fatty foods.
Don't lay down with a full stomach.
Ask your health care provider about an over the counter antacid.
7. Constipation/bloating:
Eat fruit daily.
Increase intake of fluids and fiber.
Go for a walk daily.
8. Food aversions and cravings:
Avoid strong smells.
Satisfy food craving as long as it is not excessive or harmful.
9. Dizzy spells or fainting:
Get up slowly.
Eat regularly.
Report fainting to your health care provider.
10. Acne:
Drink plenty of water.
Eat a balanced diet.
Use a gentle daily cleanser.
Avoid heavy makeup or heavy moisturizers.



First Trimester

Many health departments also offer support and prenatal education through a series of home visits.

There are 40 weeks in a pregnancy counting from the first day of the last normal menstrual period (LMP). You conceived approximately two weeks after your LMP, but since no one can know the day of conception for sure, your health care provider uses the LMP to establish your due date and to count the weeks of your pregnancy. This is why it is important for you to keep track of your menstrual periods. The first trimester is the first 13 and one-third weeks of your pregnancy. Here is some guidance to help you with the first trimester of your pregnancy. However, this guidance does not take the place of your health care provider's advice. Always tell your health provider about problems you are having.

Early prenatal care is important because it helps you stay healthy and have a healthy baby. As soon as you think you may be pregnant, it is important that you see a health care provider. If you do not have health insurance or do not have health insurance that covers pregnancy, report to your local health department. There is a type of TennCare just for pregnant women. The staff at your health department will assess whether or not you qualify for this program. Most women who do not have private health insurance will qualify. Staff at the health department can also see if you will qualify for WIC, a federal food voucher program for pregnant women and children.